

Emotionally focused therapy (EFT)

Understanding My Part of an Emotional Interaction

Adults | 10 to 15 minutes

Emotionally Focused Therapy explores emotions and connection in relationships. This private starter looks at one manageable interaction from your perspective. You do not need to share it with the other person, enact a conversation, or explain an unsafe relationship as a mutual cycle.

Choose a low-intensity interaction that feels safe to consider. Skip the exercise if there is current coercion, threat, or fear of retaliation.

Slow down your own sequence

Notice the event, the meaning you gave it, a feeling, and your action. Keep the other person's thoughts unknown rather than deciding why they acted.

Name the need carefully

A wish for reassurance, respect, space, or responsiveness can be described without demanding a response. Consider discussing it first with a therapist who can assess safety and fit.

1. What happened, using observable details?**2. What meaning and emotion appeared for me?****3. How did I respond, and what need was underneath?****4. What would I want a therapist to help me understand or communicate safely?****Clinical use and adaptation**

Screen privately for coercion and violence before any shared work. Do not frame abuse as a jointly caused pattern or require vulnerability with an unsafe partner. This reflection does not authorize EFT enactments or replace model-specific training.